

D-1060

Sub. Code

42611

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2021.

First Semester

HISTORICAL DEVELOPMENT OF YOGA

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define – postures.
2. What is mean by yoga?
3. Define – Pratyahara.
4. What is mean by Kaula yoga?
5. Define – Jnana yoga.
6. Write about Pingala Nadi.
7. What is mean by Saucha?
8. Define – Ahimsa.
9. Explain – Dharna.
10. What is mean by non-stealing?

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Write about the origin of yoga.

Or

- (b) Explain the glory of Bhagavad Gita.

12. (a) Give a note about benefits of Karma yoga.

Or

- (b) What is meant by nature of real love or bhakthi?

13. (a) Write the importance of Jnana yoga.

Or

- (b) Write about Prana and Apana.

14. (a) Write about Bramacharya and non-lust.

Or

- (b) Explain about an awareness of the Divine.

15. (a) What is mean by Tapas or Austerity?

Or

- (b) Write about the types of Pratyahara.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly explain the scope of yoga in India and Abroad.
17. Write about the paths of yoga.
18. Elaborate the eight limbs of yoga.

19. Write the difference between yoga practices and physical exercise.
 20. Briefly explain the concept and principles of yoga.
-

D-1061

Sub. Code

42612

DISTANCE EDUCATION

P.G. DIPLOMA EXAMINATION, DECEMBER 2021.

First Semester

Yoga

PRINCIPLES OF YOGA PRACTICES

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is meditation?
2. What is Karma yoga?
3. Explain – Yama.
4. What is Samadhi?
5. Write any two importance of yoga.
6. Write any two yogasanas.
7. What is relaxation?
8. What is physical activity?
9. What is mudra?
10. Define – Basti.

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Write down the basic principles of yoga.

Or

- (b) Describe the application of Hatha yoga.

12. (a) Write short notes on importance of yoga in Physical Education.

Or

- (b) Write down the importance of yoga for gymnastics.

13. (a) Write down the physical benefits of yoga.

Or

- (b) Write short notes on benefits of yoga in Locomotor system.

14. (a) Describe the effects of Suryanamaskar.

Or

- (b) Explain the characteristics of Asanas.

15. (a) Describe the physical effects of Bundhas.

Or

- (b) Explain the methods of Meditation.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the application of various systems of yoga.
17. Explain the importance of yoga in various sports.

18. Explain the differences between Yogasanas and Physical exercises.
 19. Explain the various methods of teaching yogic techniques.
 20. Explain the types of Kriyas in brief.
-

D-1062

Sub. Code

42613

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2021.

First Semester

SCIENTIFIC APPROACHES OF YOGA

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define cell.
2. What is mean by Muscle?
3. Define Skin.
4. Define Veins.
5. What is Mudra?
6. What is Jalaneti?
7. Write any two benefits of Kriya.
8. Write any two benefits of Nauli.
9. Define Meditation.
10. What is kinetic energy?

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Short note on Epithelial tissue and Connective tissue.

Or

- (b) Explain the structure and functions of muscles.

12. (a) Short note on the effect of yoga on digestive system.

Or

- (b) Describe the Yogasanas and sensory system.

13. (a) Explain about the types of muscles and their benefits.

Or

- (b) Describe the contraindications and benefits of Jala neti.

14. (a) Short note on

- (i) Madhyama Nauli
(ii) Dakshina Nauli

Or

- (b) Explain the benefits of meditation.

15. (a) Short notes on

- (i) Mooladhara Chakra
(ii) Ajna Chakra

Or

- (b) Explain the Kundalini yoga and their benefits.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly explain the functions of Diaphragm.
 17. Explain the technique of Ardhamatsyendrasana with benefits.
 18. Explain the types of Pranayama and their benefits.
 19. Explain the meditation and their types.
 20. Explain the Trataka with benefits.
-

D-1063

Sub. Code

42621

DISTANCE EDUCATION

P.G. DIPLOMA EXAMINATION, DECEMBER 2021.

Second Semester

Yoga Education

METHODS OF YOGIC PRACTICES

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define Yoga.
2. Benefits of Ardha Chakrasana.
3. Contra indications of Sarrangasana.
4. Caution of Ushtrasana.
5. Explain the methods of practice of Makrasana.
6. Benefits of Camel pose asana.
7. Contra – indications of Gomukhasana.
8. Write any two Supine lying position asanas.
9. Define asanas.
10. Benefits of Matsyasana.

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Explain the techniques of Ardhakatic Chakrasana.

Or

- (b) Elaborate the padahastasana and its benefits.

12. (a) Describe the parsrottanasana technique and its benefits.

Or

- (b) Elaborate the method of practice and contra-indications of parivritta trikonasana.

13. (a) Elaborate the Tadusana and its benefits.

Or

- (b) Explain the techniques of Gomukhasana.

14. (a) Mention the contra-indications of Sarvangasana.

Or

- (b) Explain the procedure and benefits of Navasana.

15. (a) Elaborate the techniques of Vajrasana.

Or

- (b) Describe the methods of practice and benefits of Salabasana.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Elaborate the steps of Suryanamaskar with breathing and mandras.
 17. Explain any five bending asanas with indications and contra-indications.
 18. Write down the methods of practice, caution, indication, contra-indications and benefits of Ardha matsyendrasana.
 19. Explain any five meditative pose asanas with their benefits.
 20. Explain any five supine position asanas with caution and benefits.
-

D-1064

Sub. Code

42622

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2021.

Second Semester

Yoga

APPLICATION OF YOGIC PRACTICES

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

1. Define – Pranic Body.
2. What is Arthritis?
3. Define – Pranayama.
4. Explain Hypertension.
5. What do you mean by Food?
6. Explain about Ideology.
7. List out any two name of sitting asanas.
8. Write about of Ujjayi pranayama.
9. Explain – Meditation.
10. What is mean by Consciousness?

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Write the importance of Annamaya kosha.

Or

- (b) Describe about the role of yoga in back pain.

12. (a) Write about three Gunas.

Or

- (b) Explain physiological benefits of yogasana.

13. (a) Explain the function of yoga on anxiety and stress relief.

Or

- (b) Explain about yoga and Ahimsa.

14. (a) Write about the importance of different types of breathing meditation.

Or

- (b) Explain about the role of yogic practice for depression.

15. (a) Explain the meaning and benefits of mental health.

Or

- (b) Write about the autogenic relaxation technique.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

All questions carry equal marks

16. Briefly discuss about the role of yogic practices on intermittent, mild and severe lower back pain.
17. Explain the benefits of yoga on blood pressure.
18. Summarize the impact of yogic practices on coronary heart disease.
19. Describe about the benefits yogic food for individual health promotion.
20. Write about the important benefits of mindfulness meditation practices.

D-1065

Sub. Code

42623

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2021.

Second Semester

Yoga Education

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define – Padmasana.
2. What is Neti?
3. Write short notes on yoga mudra.
4. What is meditation?
5. Meaning of the term “Chakra meditation”.
6. Define – Stress.
7. What is Pranayama?
8. Write short notes on Bandhas.
9. What are the types of communication?
10. Write short notes on Holistic Health Care.

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Define Marichyasana and its benefits.

Or

- (b) Explain Kapalabhati Prayanama.

12. (a) Write the meaning of Bandha. Explain any two Bandhas.

Or

- (b) Explain the meaning of Kriyas and its benefits.

13. (a) Explain the types of Meditation.

Or

- (b) How to manage stress through yoga practices?

14. (a) Write short notes on positive thinking.

Or

- (b) Explain the yogic practice on anger management.

15. (a) Write short notes on yoga meditation.

Or

- (b) Explain “Human or social values related to yoga”.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write the benefits of Bakasana and Urdha Mukha Paschimottanasana.

17. Discuss in detail about the mudras.

18. Explain the types of pranayama and benefits.
 19. Explain “moral values related to yoga”.
 20. Explain the yoga and leadership skills.
-